
STOP HEALTH PROBLEMS

Stopping Health Problems – Why is early and routine health care of great value?

Routine healthcare includes screenings, health exams, and working with your doctor and healthcare team that are used to prevent and address sickness, disease, and other health problems. These tools help spot signs of poor health at an early stage when care is likely to work best. Getting early routine care and making healthy life choices are key steps to good health and well-being.



Having a doctor who knows your health needs, and whom you trust and can work with, can help you:

- Make sure you get early and routine care that's right for you
- Make healthy life choices
- Help your mental well-being
- Reach your health goals to be well.

Pointing out Signs & Warnings

Get better at finding signs that can warn you of disease, for example paying attention to how your body reacts to drugs and other health changes. Finding signs of disease early can help you make life adjustments before the disease worsens, which can lead to a healthier life. It is also important to find care that can help you know you have the disease and manage

your disease before it gets worse. This can help you save money because routine care is covered by your health plan.

Your doctor can make routine health screenings to look for early signs of certain health issues. Early action and care can make a big impact in the results of health tests.

CURRENT MEDS: _____

HEALTH ISSUES: _____

CONCERNS: _____

SYMPTOMS: _____

NOTES: _____
